



# BRACES!

**Ceramic?  
Invisible?  
Metal?**

{ **What's The Difference?  
Does It Matter?** }

**There are many reasons you may need braces. Teeth may grow in crooked or overlapping. The mouth can be too small and the teeth shift into crooked positions. Sometimes the upper jaw and lower jaw are not the same size. All of these problems go by one medical name: malocclusion, which means "bad bite."**

By visiting the dentist regularly, crowded or crooked teeth can be spotted early. If a dentist thinks you need braces, he will send you to see an orthodontist.

There are many choices available today for braces, and it can be confusing. The type of braces you may get depends on a number of things:

- How bad your bite is
- How crooked your teeth are
- If you need to have teeth pulled
- If you need surgery on your jaws
- If you need special appliances
- The amount of time you will need to wear braces to fix your problems
- The dentist and orthodontist recommendations

**Ceramic** braces are very strong and do not stain. Ceramic braces usually cost more. Treatment can take a few months longer than metal braces.

**"Invisible"** braces are for people who do not have severe problems. If you have a very bad bite or need to have teeth pulled, then you will need to wear traditional braces. Sometimes "invisible" braces can cost more than traditional braces. "Invisible" braces take as long as traditional braces for treatment. Also traditional braces may be needed for a few months even after "invisible" braces to correct certain problems.

**Traditional metal** braces can be silver or golden. Metal braces are very strong and can withstand most types of treatment. Metal braces usually cost less than other types of braces. Traditional metal braces usually take less time for treatment among all the types of braces.

## Does TennCare Pay?

**How bad your problem is will determine if you will qualify for full-banded braces under the TennCare program. TennCare members age 20 and under may qualify for braces if certain rules are met. If your back teeth come together for chewing, you will seldom qualify. Crowding alone is usually not a severe "bad bite," in spite of looks. Your dentist can help you with questions about braces.**

**If you have TennCare, you have TENNderCARE (EPSDT) dental services until you become 21 years old. These services include FREE regular 6-month checkups, fluoride treatments and sealants.**

If you have TennCare, call Doral Customer Service at 1-888-233-5935 or visit the Website at [www.doralusa.com](http://www.doralusa.com) for:

- help finding a dentist
- questions about your TennCare dental benefits
- help with interpretation and translation
- help with a ride

# Teen Suicide Prevention

Suicide, or the taking of your own life, is one of the highest causes of death for teens and young adults in Tennessee. It can affect anyone. It doesn't matter if you are female or male. And, it can affect people of any race and any social class.

If you or your friend are having these thoughts, it's important to talk to an adult you trust right away. Don't try to take care of the problem yourself. Your friend might make you promise not to tell anyone. But, you still have to let an adult know. It could mean the difference between life and death.

A friend might let you know he or she has tried to commit suicide before. You should know sometimes suicide attempts are a cry for help. Don't think your friend is just joking around. He or she might try to commit suicide again. You should get help from an

adult right away. You should also know that using drugs or alcohol makes the chance of committing suicide go up. That's one more reason to stay away from drugs and alcohol.

**If you or your friend is in a crisis situation and needs help right away, you can call Youth Villages Crisis Team:**

**1-866-791-9221**  
(Nashville)

**1-866-791-9222**  
(Rural Middle Tennessee)

**1-866-791-9223**  
(Upper Cumberland area)

**Here are some warning signs that you or someone else might be thinking of suicide:**

- Talking about death a lot
- Talking of being hopeless or worthless
- Being alone a lot or wanting to be alone
- Giving away important personal objects
- Saying good-bye or writing good-bye notes to loved ones
- Talking about a specific plan for taking your own life

No one is treated in a different way because of race, color, birthplace, national origin, sex, age, disability or religion. Do you think you've been treated unfairly? Do you have more questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 1-866-311-4287. In Nashville, call 743-2000.

Nadie recibe un trato diferente debido a su raza, color de la piel, lugar de nacimiento, idioma, sexo, edad, discapacidad, o religión. ¿Cree que lo han tratado injustamente? ¿Tiene más preguntas? ¿Necesita más ayuda? Usted puede llamar gratis al Centro de Servicio para Asistencia Familiar al 1-866-311-4290. En Nashville, llame al 743-2001.

Interpretation and translation services are free to TennCare members. Please call Customer Service at 800-690-1606 for more information.

Si usted habla español, tenemos representantes que le pueden ayudar. Por favor llame por telefono al numero que se encuentra en la parte de atras de su carta de identidad, y pregunte por un representante que hable español. Los servicios de interpretación y traducción son gratuitos para todos. Gracias.



UnitedHealthcare Plan of the River Valley, Inc.

**need a ride?**  
If you need a ride to your doctor or health department, call **1-800-690-1606**



**AmeriChoice**  
by UnitedHealthcare

8 Cadillac Drive, Suite 410, Brentwood, TN 37027



# Snack Smart

**Have a hectic schedule? Do you find yourself grabbing food on the run? Fries, chips, cookies, candy bars, sodas?**

With a hectic schedule, it's even more important to eat healthy foods. It's a great way to satisfy hunger AND get vitamins and nutrients your body needs.

A healthy snack can contribute to a healthy eating plan and give you the energy boost you need to get through the day.

**Try these snack ideas, but remember to keep your portions small:**

- fruit—any kind—fresh, canned, dried, or frozen
- peanut butter on rice cakes or whole-wheat crackers
- baked potato chips or tortilla chips with salsa
- veggies with low-fat dip
- string cheese, low-fat cottage cheese, or low-fat yogurt
- frozen fruit bars, fruit sorbet, or low-fat frozen yogurt
- vanilla wafers, graham crackers, animal crackers, or fig bars
- popcorn (air popped or low-fat microwave)

Sources: The National Institutes of Health and The Nemours Foundation



**People who eat regular meals and healthy snacks are less likely to overeat and gain weight than people who skip meals or go for long periods without eating and then eat a large order of fries.**



# Just for Girls

## What do you know about chlamydia?

When is being ranked as one of the top 10 states not good? When the ranking concerns the number of reported cases of sexually transmitted diseases (STDs). In a report released earlier this year on 2006 STD cases, Tennessee ranked 9th among all the states for the highest number cases of chlamydia. This is one of the most common STDs. The Centers for Disease Control and Prevention estimates 2.8 million people are infected each year.

### What is chlamydia?

It is a bacterial infection that you can get during vaginal, oral or anal sexual contact with an infected partner. However, in about 70 percent of persons infected, there are no symptoms. But it can still cause serious problems.

The infection, if severe, can prevent women from having a baby. Or it can cause newborn babies of infected mothers to be born with infections. It can also cause painful urination and yellowish discharge from the vagina or penis.

Source: National Institute of Allergy and Infectious Diseases

### Diagnosis and Treatment

If you are sexually active, you should have a test every year to see if you have chlamydia. This test is free to TennCare members. If you do have chlamydia, it can be treated with antibiotics. It is important to take all of your medicine, even after symptoms disappear. Tell your sex partners that you have chlamydia so they can be tested and treated, if necessary.

### Prevention

The surest way to avoid chlamydia, as well as other STDs, is to have no sexual contact. If you do have sex, you should have only one partner who has been tested and is not infected and has no other partners. If you have sex, you can reduce your risk of getting chlamydia by using a latex condom.

## Heads Up!

**Guys, take heed.**  
Chlamydia can affect both women and men.



# Just for Guys

## Thumbs up for injury-free texting

Who would have thought it? Texting is not without health risks. Especially if you spend lots of time every day sending text messages exclusively with your thumbs. Or if you spend lots of time playing computer or hand-held games. You could develop repetitive stress injuries (RSI). This includes carpal tunnel syndrome, bursitis, tendonitis and many other conditions.

Repeated, uninterrupted motions can lead to painful swelling and inflammation of the overused soft tissues such as tendons and muscles. Over time, RSIs can cause temporary or permanent damage.

### Treatment

Treatment usually includes reducing or stopping the motions that cause the painful symptoms. Options include taking breaks to give the affected area time to rest. Applying ice to the affected area may help reduce swelling. Your doctor may also suggest medicine for pain or inflammation.

## Heads Up!

**Girls, take heed.**  
Guys aren't the only ones that can suffer injuries from texting.

Stretching exercises may also help. Take a look at these tips and suggested exercises from Virgin Mobile:

### Tips

- If texting starts to hurt, stop. Use the other hand, or call instead.
- Vary the hand you use.
- Vary the digits you use.
- Don't text for more than a few minutes without a break.

### Exercises

Stop these exercises if you feel any pain because you could do more harm than good.

### In your texting hand:

- Tap each finger with the thumb of the same hand. Repeat 5 times.
- Pull your thumb firmly with the other hand. Repeat 5 times.
- Wrap an elastic band around the tips of fingers and thumb and force apart. Repeat 20 times.
- With palms down, wrap an elastic band around each thumb and force apart. Repeat 20 times.
- Reach up high with both arms and shake your hands. Reach down low with both arms and shake. Repeat 3 times.

Source: National Institute of Neurological Disorders and Stroke

# More Teens than Ever with Type 2 Diabetes

## Be active, eat well and lower your risk!

What once was thought of as a disease that just struck adults is now hitting more and more teens. The disease? Type 2 diabetes.

### What is type 2 diabetes?

Diabetes means that blood glucose, also called blood sugar, is too high. Glucose comes from the food you eat and is needed to fuel your body. Glucose is also stored in your liver and muscles. Your blood always has some glucose in it because your body needs glucose for energy. An organ called the pancreas makes insulin. Insulin helps glucose get from your blood into your cells. Cells take the glucose and turn it into energy.

If you have diabetes, the pancreas makes little or no insulin or your cells cannot use insulin very well. Glucose builds up in your blood and cannot get into your cells. If blood glucose stays too high, it can damage many parts of the body such as the heart, eyes, kidneys, and nerves.

If you have type 2 diabetes, you may need to take insulin or pills to help your body's supply of insulin work better.

### How can I lower my risk for getting type 2 diabetes?

There are several ways to lower your risk:

- Stay at a healthy weight.
- Be more physically active.
- Choose to eat the right amounts of healthy foods.

### What puts you at risk?

You are at risk if you:

- are overweight
- don't get enough physical activity
- have a mom, dad, or other close relative who has type 2 diabetes
- are American Indian, Alaska Native, African American, Hispanic/Latino, Asian American, or Pacific Islander

**FACT: Eating too much sugar DOES NOT cause diabetes.**

### Know the warning signs:

If you have type 2 diabetes, you might:

- urinate a lot
- be very thirsty
- lose weight without any reason
- feel tired
- have patches of thick, dark skin that feels like velvet on your neck or under your arms

Some teens do not notice any of these warning signs. They find out they have diabetes when they go to their doctor for a checkup. That's why getting a checkup every year is important. Through the state's TENNderCare Program, checkups are free for TennCare members under the age of 21.

Source: National Institutes of Health

# Sports Exam Notice

Earlier this year, the State Board of Education announced that 7th and 9th graders who planned to play school sports would need to get a complete well-care checkup, not just a sports exam. Although this is still recommended, it is no longer required at this time.

Sports exams only take into account one part of a student's total health. A full well-care checkup, known as an EPSDT checkup, also addresses social and emotional well-being.

Regardless of your grade in school or whether you play sports, you should get a free well-care checkup every year.